

## ABSTRACT OF THE DISCLOSURE

The present invention provides an optical information recording medium including a substrate with an on-groove and an in-groove, having successively disposed thereon a dye recording layer and a transparent sheet, wherein a width of the on-groove ranges from 50 to 140 nm, and a barrier layer is formed between the recording layer and the transparent sheet. The invention also provides an optical information recording method including irradiating the optical information recording medium with laser light from the side of the medium provided with a cover layer to form a void at a signal pit portion in the dye recording layer and thereby carrying out recording of information as well as an optical information recording medium on which information has been recorded by the method.